



DEAR PROVIDER: LET'S WORK TOGETHER

I am the youth that you will be working with. Here are some things that I want to know about you and some things I want you to know about me

THINGS I WANT TO KNOW ABOUT YOU:

- Tell me about you, so I don't feel I'm talking to a stranger: name, pronouns, and something else
- How long have you been doing your job?
- What do you specialize in?

WHAT I NEED FROM YOU TO HELP ME BE COMFORTABLE:

- Know when I need a break
- Respect my boundaries
- Be able to joke, but know when to stop
- Make sure you understand what I am saying
- Make sure I understand what you are saying
- I need us to both understand why I am here
- Help me find coping mechanisms
- Don't force words out of me
- Be clear about what stays here and what things you will tell someone else
- Tell me before you tell anyone else
- Ask me what my goals are for treatment
- Offer calm space
- Offer fidgets
- Ask me what I need to feel safe
- Be kind and respectful
- Interact at my level
- Make a connection with me
- Let me be able to do what I need to do – sit, stand, walk around
- Let me bring a comfort object

THINGS I WANT YOU TO KNOW ABOUT ME:

- I joke a lot, so don't take it personal
- It is hard for me to trust, so give me time
- Don't tell me you won't tell people my information and then you do. Our talks are confidential
- I might be sarcastic, but I'm not being rude
- I want to know what we will be doing in treatment
- Give me options
- Make sure I understand the options before making referrals for me
- Talk to me, not just the adults
- Teach my caregivers how to interact with me on good days and bad days
- Explain everyone's role to me
- Give me time to cool down when I need it
- It is ok for me to be mad or upset
- Please ask me instead of making assumptions
- My story might be different than what the adults tell you
- See me - not my diagnosis
- Talk to younger kids in a way that they will understand
- When I act out, I am trying to tell you something
- We all communicate differently
- If I joke, please don't look at me like I'm stupid
- Most kids are not so serious and need humor to open
- Ask me my pronouns and be ok if I do not want to share



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